



Introduction to Sleep Technologies

Consumer Sleep Technology (CST) Basics

- CSTs are standalone or wearable devices to help improve sleep or sleep hygiene.
- Devices measure inactivity and heart rate, not actual sleep.
- CSTs offer a broad picture of sleep patterns but aren't used for medical diagnosis.

Tracking Sleep Patterns

- Wearable devices like bracelets and rings analyze your sleep.
- Apps display a sleep score and graphs of your sleep cycles.
- Common devices: [Oura Ring](#), [FitBit](#), [Apple Watch](#)



Monitoring Sleep Disorders

- Devices and apps can help log symptoms.
- Many are used to monitor sleep apnea and snoring.
- Common devices/apps: [BelunRing](#), [Snore Lab](#)



Creating a Calmer Sleep Environment

- IoT technology can help control your mattress, lights, thermostat, etc.
- Some devices can also track and analyze sleep patterns.
- Common devices: [Hatch Restore](#), [QuietOn Noise Cancelling Earbuds](#), [Withings Sleep Mat](#), [EightSleep Cooling Mattress](#)



Promoting Healthy Sleep Habits

- Popular apps offer sleep stories, soundscapes, white noise, nature sounds, guided meditations, and breathing exercises.

